



Brought to you by Lockton Companies, LLC

## Reducing Your Stress During American Heart Month

According to the Centers for Disease Control and Prevention (CDC), heart disease is the leading cause of death in the United States. In fact, half of all Americans are currently considered “at risk” for heart disease, and that figure continues to rise. Due to the prevalence of the disease, February is recognized as American Heart Month to raise awareness about heart disease and prevention. To celebrate, you can focus on dialing down your stress level.

## Benefits of Reducing Your Alcohol Intake

Excessive alcohol use is responsible for 1 in 10 deaths among working-age adults every year, according to the CDC. Excessive alcohol consumption has immediate effects that increase risks associated with injuries, motor vehicle crashes and alcohol poisoning. It can also cause serious long-term health problems like liver disease, high blood pressure, stroke, depression and cancer.

In addition to lowering your risk for those short- and long-term impacts, there are multiple health benefits for drinking less. By eliminating or cutting back on alcohol, you may experience:

- Eliminating alcohol can help reduce the risk of liver disease, high blood pressure, stroke, depression and cancer.